

LSR

Wednesday, July 5, 2000

HIGHLIGHTS

Medical Assistance
Wheelchair Repair
Pg. 2

@ ease
Pg. 3

Schedule of
Events &
Transportation
Pg. 4



Today's Weather Outlook

High: 93
Low: 76
Scattered Rain

UP CLOSE:

Holly Koester



“You’re a winner. You can do it,” are words you’ll hear often this week as Holly Koester shares her spirit and enthusiasm with her fellow athletes in the 20th National Veterans Wheelchair Games.

According to Koester, this level of encouragement, coming specifically from women competitors, has increased over the years. Looking back at her participation in the Games from 1991, Koester stated that back then there were only a handful of women veterans in the competition. This year, there are 55.

But that isn’t what makes Koester’s participation in the Games so special. Showered with hugs while being interviewed, it is easy to see why Koester is among the most enthusiastic athletes at the Games this year.

Koester talks about the joys and the tragedies of her participation throughout the years. She recalls her first Games in which she competed after only six months in a wheelchair. It was an extremely emotional time for both Koester and her family. She is quick to point out that injuries such as hers and those of other athletes are also life-changing experiences for their family members. Her twin sister -- who had gone ahead to Desert Storm -- returned to see her compete in the Games, along with her entire family. While competing in the slalom, her chair overturned, disqualifying her from the event. Determined, she completed the course. Koester and her family wept tears of emotion at her efforts and those of the other athletes.

For Koester, it is a very personal thing. “To imagine that one moment you are giving it all you have in competition and the next cheering on those who pass you. You just want them to be their best because you know if they accomplish it, maybe one day it will be you,” she said.

For many of the athletes throughout the years, the Games have not only been about competition but equally as important, about sharing experiences -- sharing military stories, catching up on personal experiences, and reliving memories from the past.

Carroll Johnson of Milwaukee, Wis., shared one of those stories about Koester. Johnson states that Holly has been a source of strength and courage for he and many other athletes. Johnson was quick to recall a story that describes Koester’s attitude.

Johnson, a special person in his own right, shared that at last year’s Games, he experienced a very devastating incident. “My chair fell apart at the track last year during competition,” Johnson said. “I later learned that I had been 200 meters ahead. I just went behind the bleachers and bawled.” He says the next thing he knew Holly came up and said, “you’re a winner!” and hugged him. Johnson said he’d never forget that experience.

Koester is one of those courageous athletes who has made the National Veterans Wheelchair Games such a memorable life experience for all who participate.

Special Events

Get your tickets!

Thursday, July 6, Far West Rodeo (free admission with ticket).

Leave Convention Center at 7:00 p.m.

Friday July 7, Laredo Shopping (Mexican border), \$20 per person.

Leave San Antonio at 7:00 a.m., return at 3:00 p.m.

(space is limited, not wheelchair accessible).

Saturday, July 8, Antiquing in Fredericksburg, \$3 per person.

Leave San Antonio at 8:00 a.m., return at 3:00 p.m.

July 5, last day to sign up for all events.

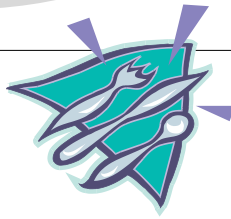
For tickets call Darla Forney at 559-9928.

Wheelchair Repair

Is your wheelchair ready for competition?

The main repair station will be located at the **Marriott Rivercenter Hotel**. There will be a secondary repair station located at the **Convention Center**. Invacare technicians will be at each of the events, handling minor repairs on the spot. Unfortunately we will not have repair stations or technicians at all of the hotels.

Don't forget to pick up your Durable Medical Equipment at the Marriott Rivercenter Hotel.



Today's Menu

Breakfast:

Assorted Chilled Juices
Fresh Sliced Fruit
Pastries, Muffins, Bagels
Pancakes
Coffee, Tea, Milk

Lunch:

Caesar Salad
Chicken Pasta Primavera with
Mixed Vegetables
Parmesan Bread Sticks
Cheesecake
Iced Tea

Dinner:

Tossed Green Salad
Chicken Fried Steak
Mashed Potatoes with Gravy
Green Beans
Rolls and Butter
Carrot Cake
Iced Tea

Feeling hot, hot, hot?



* Wear loose, light-colored, cotton clothing and a cap or wide brimmed hat

* Protect your skin with plenty of sunscreen lotion SPF 20 or more

* Use sunglasses to reduce glare or protect your eyes and apply lip balm often and generously

* Use a spray bottle or wet towel to cool yourself down or take a "siesta" inside for awhile

* Drink plenty of fluids on a frequent basis. If you feel thirsty, you are already one quart of fluid behind your normal requirements. Most of your liquid intake should be water

* Avoid alcoholic beverages and minimize coffee and tea intake which can act as a diuretic to make you more dehydrated.

Medical Aid Stations are located at:

Rivercenter Marriott, room 3530
6a - 10p, Mon.-Fri.; 6a - 12p, Sat.
Conv. Center, Event Ballroom
8a - 10p, Tues. - Fri.; 11a - 4p, Sat.
Northside Stadium (under bleachers)
8a - 10p, Thurs. - Fri.; 8a - 1p, Sat.

Medical staff include:

Dr. Bob O'Hara, Chicago
Dr. Leigh Anderson, Denver
Dr. Donna Blake, Denver
Dr. Ken Lee, Palo Alto
Dr. Dan Scott, Denver
Dr. Karen Wolflein, Denver
PA-C Vera Arnold, Chicago
PA-C Janice Feincher, San Diego

VISN 17 Medical Assistance Team volunteers are wearing mauve T-shirts with a white cross on the back and are carrying black back packs or orange kits.

The Memorabilia Committee is selling National Veterans Wheelchair Games polo shirts for \$17, T-shirts for \$5, and baseball caps for \$7 at the Henry B. Gonzalez Convention Center until they sell out. Selling hours are: July 5, 7:30 a.m. - 3:30 p.m.; July 6, 8 a.m. - 4:30 p.m.; July 7, Northside Independent School District Stadium, 8 a.m. - Noon; Convention Center, 1 p.m. - 5 p.m., and July 8, 8 a.m. - 4 p.m.

@ ease

Reflections from 20 years

Jack Brooks - Portsmouth, Great Britain

Take one look at his broad smile and sparkling eyes, and you'll know how much the Games mean to Jack Brooks, who's competing in his fifth NVWG this year. Over the years, Brooks has collected a total of 15 medals. Brooks says his first and most special year was 1995 in Atlanta where he won four gold medals in bowling, archery, and swimming. Although he is quite proud of his medals, Brooks says there are other things even more important about the Games.

"Winning is not all that matters — it's the comradeship and common bond — we're all veterans."

Kenny Lloyd – Union, Iowa

Kenny Lloyd is competing this year in his fourth NVWG. In the 1997 San Diego Games, Lloyd won two gold medals in 9 ball and basketball, and a bronze in air guns. This year is the first NVWG for Lloyd's best friend, Jake, a German Shepherd who is trained to switch on lights, fetch the mail and the phone, and 'lend a paw' when needed. Lloyd too says his first year to compete was his most memorable.

"I wasn't expecting to win anything and when I did win some medals it really felt great!"

Charles Winterrowd – Montrose, Illinois

This marks the seventh year of NVWG competition for Charles Winterrowd. He has a collection of 11 medals, including five gold in shooting and three gold in billiards. Winterrowd values the friendships he's made and renewed each year at the Games. He says all the Games have been nice, but he especially enjoyed last year's Games in Puerto Rico.

"I got to fish in the ocean but I didn't catch anything."

Denny Roper – Butler, Pennsylvania

Denny Roper proudly recalls his first gold medal win in one of the more unusual events, skeet shooting, at the Long Beach NVWG in 1983. Since that first medal, Roper has won 11 others, including four gold medals in the bench press event. This is Roper's sixth year to attend the Games, and he says his all-time favorite was the Pittsburgh Games in 1998. Roper recalls the city's hospitality to the veteran athletes, hosting midnight rations, a city block party, and fireworks. The friendship and camaraderie he finds at the Games are most important to Roper.

"It's a good time. Everyone enjoys everyone else's company. It's like a family reunion — a big family reunion."

Edwin Thomas – Cornwall, Great Britain

This is the second time Edwin Thomas has competed in the San Antonio NVWG. As a newcomer to the 1993 San Antonio NVWG, Thomas became hooked on the competition and the experience. His main events are rifle shooting and field events; however, like so many of his comrades, Thomas treasures both old and new friendships.

"I am proud to be part of the British team. It is an honor to be here."

Paul O'Hora – Scranton, Pennsylvania

Paul O'Hora can most definitely be called an experienced NVWG competitor. He participated in the second NVWG, which was held in Milwaukee, Wisconsin, in 1982. Wheelchair bowling was and still is O'Hora's sport. He competed in the 1963 National Wheelchair Games, and continues to renew his friendship with a fellow veteran he met there and who still competes with him in the NVWG. Still, after all those years of competition and so many medals, he can't recall them all, O'Hora says his first competition was the most memorable.

"The service organizations used to sponsor the meals, and they always tried to outdo each other. In Milwaukee, the veteran athletes were taken onto the baseball field during the Games."

Wayne Field – Colorado Springs, Colorado

When asked what events he was participating in this year, Wayne Field replied, "Swimming, swimming, and swimming." And he is an avid swimmer. Since his first NVWG in 1993, Field has won 35 medals – all in swimming events. He's enjoyed each and every year of competition, and fondly recalls what makes all of them special — it's the different host cities, dedicated volunteer staff, and fellow competitors. This 74-year old athlete says it's great to compete with much younger veterans.

"I enjoy helping fellow competitors who both need and want my help, and having them come back and beat me. And that's happened."

Did You Know?



The National Veterans Wheelchair Games is the largest annual wheelchair sports event in the United States.

To date, this is the first year that the numbers will exceed 650 participants. Other record attendance years include:

1990, New Orleans

Athletes: 550

1995, Atlanta

Athletes: 519

1997, San Diego

Athletes: 577

1998, Pittsburgh

Athletes: 539

1999, San Juan, P.R.

Athletes: 555

The rules for wheelchair basketball are essentially the same as the rules of the NCAA -- with the wheelchair considered part of the player's body in determining physical contact fouls. Players are allowed two pushes between dribbles.



Hospitality Booth Door Prize Drawing

Michael Henderson was the lucky winner of Monday's drawing, a dinner for two at Schilo's.

20TH NATIONAL VETERANS WHEELCHAIR GAMES

SCHEDULE OF EVENTS

WEDNESDAY, JULY 5

6:00 - 8:00 AM

7:30 - 8:30 AM

8:00 AM

10:00 AM

11:00 A.M. - 1:00 P.M.

1:00 PM

3:00 PM

4:30 - 6:30 PM

6:30 PM

7:00 PM

8:00 PM

THURSDAY, JULY 6

6:00 - 8:00 AM

8:00 AM

9:00 - 11:00 AM

10:00 AM

11:00 - 1:00

1:00 PM

3:00 PM

4:00 PM

4:30-6:30 PM

6:30 PM

7:00 PM

BREAKFAST

LATE REGISTRATION

BOWLING

9 BALL

AIR GUNS

LUNCH

AIR GUNS

BOWLING

9 BALL

SLALOM

AIR GUNS

DINNER

BASKETBALL

AIR GUNS

QUAD RUGBY

BASKETBALL

BREAKFAST

SLALOM

TABLE TENNIS

BOWLING

AIR GUNS

WEIGHTLIFTING WEIGH-IN

SLALOM

TABLE TENNIS

AIR GUNS

LUNCH

SLALOM

TABLE TENNIS

BOWLING

9 BALL

AIR GUNS

TABLE TENNIS

AIR GUNS

SLALOM (EXHIBITION)

DINNER

WEIGHTLIFTING

SWIM

SOCIAL

MARRIOTT RIVERCENTER/WESTIN

CONVENTION CENTER

AMF COUNTRY LANES (IV-V)

GALAXY BILLIARDS (IA-B-C)

CONVENTION CENTER

CONVENTION CENTER

AMF COUNTRY LANES (II-III)

GALAXY BILLIARDS (IV-V)

CONVENTION CENTER (MOTOR)

CONVENTION CENTER

CONVENTION CENTER

CONVENTION CENTER

CONVENTION CENTER

CONVENTION CENTER

CONVENTION CENTER

CONVENTION CENTER

MARRIOTT RIVERCENTER/WESTIN

CONVENTION CENTER (IV-V)

CONVENTION CENTER (II-III)

AMF COUNTRY LANES (IA-IB-IC, STK., HDL.)

CONVENTION CENTER

CONVENTION CENTER

CONVENTION CENTER (II-III)

CONVENTION CENTER (IV-V)

CONVENTION CENTER

CONVENTION CENTER

CONVENTION CENTER (IA-B-C)

CONVENTION CENTER (IC)

AMF COUNTRY LANES (RAMP)

GALAXY BILLIARDS (II-III)

CONVENTION CENTER

CONVENTION CENTER (IA-B)

CONVENTION CENTER

CONVENTION CENTER (SUPER "G")

CONVENTION CENTER

CONVENTION CENTER

NATORIUM

FAR WEST RODEO

TRANSPORTATION

WEDNESDAY, JULY 5

6:30 AM - 5:00 PM

6:30 AM - 5:00 PM

10:00 AM - 1:00 PM

THURSDAY, JULY 6

6:30AM - 5:00 PM

11:00 AM - 5:00 PM

5:00 PM - 11:00 PM

6:30 PM - 11:00 PM

FRIDAY, JULY 7

6:00 AM - 1:00 PM

4:00 PM - 11:00 PM

BOWLING/SHUTTLE

9 BALL/SHUTTLE

BOWLING/ 9 BALL SHUTTLE

BOWLING/SHUTTLE

9 BALL/SHUTTLE

SWIMMING/SHUTTLE

SOCIAL/SHUTTLE

TRACK/FIELD/CONV. CTR. SHUTTLE CONV CTR/NISD

TRACK/FIELD/CONV. CTR. SHUTTLE CONV CTR/NISD

CONV CTR/AMF COUNTRY LANES

CONV CTR/GALAXY BILLIARDS/CONV.CTR.

AMF COUNTRY LANES/ GALAXY BILLIARDS

CONV CTR/AMF COUNTRY LANES

CONV CTR/GALAXY BILLIARDS/CONV.CTR.

CONV CTR/NATORIUM

CONV CTR/FAR WEST RODEO

N

V

W

G

ALL SHUTTLE TRANSPORTATION DEPARTS FROM AND RETURNS TO THE CONVENTION CENTER AT BOWIE AND MARKET STREET.

Jan Northstar
Editor

Jenny Tankersley
Sharon Palmer
Contributors